

# Ebola Virus Disease

## What is Ebola?

- Ebola is a virus that causes a fever and flu-like symptoms. If gone untreated the disease can become severe and lead to death.
- Symptoms can appear 2 to 21 days after the time of infection.
- Infected people will experience:
  - Fever
  - Headache
  - Muscle and joint pains
  - Diarrhea
  - Nausea and vomiting
  - Skin rash
  - Inflamed throat
  - Stomach pain
  - Unexplained bleeding and bruising

## What should schools look for?

Please be mindful if any of your students or their family or friends have traveled to, or are visiting from West Africa. Any of these students who show signs of flu-like symptoms should be immediately referred to the Office of Public Health.

## How can I protect myself?

The CDC states that the following are the best ways to prevent oneself from getting sick from infectious diseases, including the common cold, the flu, and Ebola:

- DO wash your hands often with soap and water or use an alcohol-based hand sanitizer
- Do NOT touch the blood or body fluids (like urine, feces, saliva, vomit, sweat, and semen) of people who are sick
- Do NOT handle items that may have come in contact with a sick person's blood or body fluids, like clothes, bedding, needles, or medical equipment
- Do NOT touch the body of someone who has died

## Ebola Outbreak 2014

The Ebola outbreak in western Africa is the largest in history and a declared international health emergency. The outbreak has affected thousands in Sierra Leone, Liberia and Guinea, with a few cases in Nigeria and Senegal. About half of the people who have gotten Ebola in this outbreak have died. On September 30, 2014, a Liberian traveler visiting Texas became the first person to be diagnosed with Ebola in the United States.

## How is Ebola transmitted?

The disease is contagious and is spread through direct contact with:

- Blood and bodily fluids (urine, feces, saliva, vomit, sweat and semen) of a person who is sick with Ebola
- Objects (like needles) that have been contaminated with blood or bodily fluids of a person sick with Ebola
- Ebola is NOT spread by air, water or food.

## How do I report Ebola?

- If someone meets the following criteria:
  - ⇒ Has a fever over 38°C or 101.5°F and flu-like symptoms
  - AND
  - ⇒ Has traveled to West Africa within the past 21 days or
  - ⇒ Had possible contact with a symptomatic Ebola patient

Please call the Department of Health and Hospitals Office of Public Health at 504-568-8313 or after hours at 1-800-256-2748.